

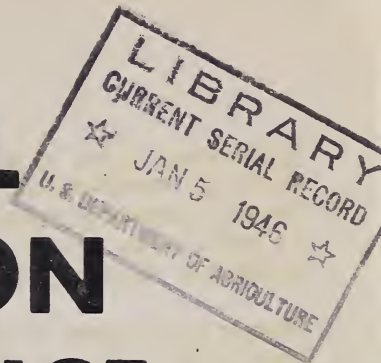
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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION

APRIL 1945

Let us take a tip from grandmother's cookbook, when planning our meatless meals. Here's the modern version of a little dinner for which our grandmothers were famous.

Feature a delicious, hearty, piping hot soup for dinner once each week. Serve it in a large bowl or soup tureen, ladling it out right at the table to encourage second helpings. Then serve a salad or a vegetable dish containing eggs, cheese, or other meat alternates. Top off the dinner with a custard dessert. That's a meal which is appetizing, nutritious, and easy on the precious red points. It's a meal all members of the family will enjoy.

Soups made with milk, dry peas or beans, or fish are good sources of protein. There are many varieties of soups -- consomme, chowder, bisque, puree -- but a hearty nutritious soup should be used when soup is the feature of the meatless dinner.

Dry pea soup, rich in protein, iron, and vitamin B₁, is a perfect soup for such a dinner. Dry peas are in abundant supply this month, so use them liberally. Use green or yellow peas; they are equally nutritious. Make the soup thick by using plenty of peas. Add a finely chopped onion, carrot, and celery stalks at the early stage of the cooking for that special appetizing flavor and extra food value. If you have ham stock, or bits of ham, salt pork or bacon, use them in the soup. If not, cut up a frankfurter, sausage, or luncheon meat in small pieces, saute it, and add this to the soup just before serving. Or, top the soup with croutons saute'd lightly in bacon fat.

You will agree that this delectable soup is practically a meal in itself. Watch the family go for it! Remember, when served in the large bowl or soup tureen right on the table, the family will eat more, and steps are saved as well.

Follow this hearty soup course with a crisp vegetable and egg salad, serve dark rye bread, and finish off the dinner with a custard and a glass of milk. That's a nutritious, delicious dinner which will please all members of the family, and it will provide them with a goodly portion of the health protective foods.

In France, where thrifty use of available foods has developed an art in cooking which is world-famous, the soup pot has long been a national tradition. The French housewife keeps the cast iron soup pot on the back of the stove, and into it goes every usable scrap and bone -- trimmings from roasts, bits of vegetables, vegetable liquors, chicken bones, roast and steak bones.

During these days of limited food supplies it is important to save every food nutrient. Take a leaf from the Frenchwoman's cookbook. Store vegetable liquors in an ice box jar to be used as a flavorful, mineral-and-vitamin-rich soup stock.

Serve cream of asparagus and cream of spinach soup, using your own vegetable liquors. The added milk gives extra food value. If you have difficulty getting your family to drink their daily requirement of milk -- one quart for each child, one pint for each adult -- serve cream soups often, as they are excellent "milk carriers."

The following are menus built around soup which will provide a hearty meal when meat is scarce:

Menu No. 1

Fish chowder
Saltine crackers
Tomato, lettuce, and green pepper salad
with French dressing
Whole-wheat bread with butter or fortified margarine
Lemon meringue pie
Milk

Menu No. 2

Split pea soup, with toasted bread squares
Mixed green salad with hard-cooked eggs
Dark rye bread with butter or fortified margarine
Raisin-rice pudding
Milk

Menu No. 3

Cream of vegetable soup
Baked potato
Fruit and cottage cheese salad
Whole-wheat bread with butter or fortified margarine
Spice cake, with maple frosting
Milk

Menu No. 4

Cream of potato soup with onions
Salad plate: American cheese and bologna slices, cabbage salad, and tomato wedge
Enriched bread with butter or fortified margarine
Chocolate bread pudding
Milk

The following bulletins will be found helpful in planning family meals:

"Dried Beans and Peas in Wartime Meals," AWI-47.

"Potatoes in Popular Ways," AWI-85.

These publications may be obtained in limited quantities, without charge, from the Office of Information, Department of Agriculture, Washington 25, D. C., or from the Regional Office of the War Food Administration, 10th Floor, Western Union Building, Atlanta 3, Georgia.